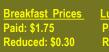


# NOVEMBER 2024

## PB&J offered daily



#### We offer a variety of fruits & vegetables daily. You must take at least one serving with each meal but can take as many as you like.



Lunch Prices Paid: \$3.00 Reduced: \$0.40



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Ham & Cheese Flatbread 1
				Pizza Fish Sandwich Ham & Cheese Sandwich
				Orange Glazed Carrots
Cinnamon Raisin Bagel 4	5	Cinn Sugar Donut Holes 6	Mixed Berry Scone 7	Pancake Sausage Stick 8
Carnitas Taco Hot Dog Turkey & Cheese Bagel	No School	Fall Brunch Plate Cheeseburger Turkey Chef Salad	French Toast & Sausage Corn Dog Popcorn Chx Salad	Pizza Fish Sandwich Ham & Cheese Sandwich
Steamed Broccoli		Roasted Carrots	Green Beans	Refried Beans
Breakfast Pizza 11	Chx Snack Wrap 12	Apple Cinnamon Square 13	Turkey Sausage Bagel 14	Maple Bacon Donut 15
Beef Nachos Hot Dog Turkey & Cheese Bagel	Mach & Cheese w/ Mini Corn Dogs Hot Dog Turkey & Cheese Bagel	Popcorn Chx Bowl Cheeseburger Turkey Chef Salad	Spaghetti & Meatballs Corn Dog Popcorn Chx Salad	Pizza Fish Sandwich Ham & Cheese Sandwich
Roasted Cauliflower	Black Beans	Mashed Potatoes	Buttered Broccoli	Steamed Carrots
Bosco Stick 18	Blueberry Muffin Square 19	Sausage & Cheese 20 English Muffin	Cereal 21	Iced Cinnamon Roll 22
Watchos Hot Dog Turkey & Cheese Bagel	Taco Tuesday Hot Dog Turkey & Cheese Bagel	Waffle & Sausage Cheeseburger Turkey Chef Salad	THANKSGIVING MEAL Turkey, Dressing, Mashed Potatoes & Gravy, Roll and Dessert	RICE KRISPIE TREAT DAY Pizza Fish Sandwich Ham & Cheese Sandwich
Black Beans	French Fries	Roasted Carrots / Corn	Peas	Salad
Bacon, Egg & Cheese 25 Flatbread	Cinnamon Biscuit 26 Backyard Burger		Thanksgiving	
Eggroll & Fried Rice Hot Dog Turkey & Cheese Bagel	Hot Dog Turkey & Cheese Bagel		No School	

Peas

Buttery Corn

# TASTE THE SUNSET

Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.



# **AUTUMN FRUIT SALAD\***

Serves 4

- INGREDIENTS:
- 6 Oranges
- 1 Pomegranate
- Sprinkle of sugar
- 1 Teaspoon of ground cinnamon

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- 1 Cup concord grape juice
- Splash of lemon juice
- 2 Cinnamon sticks
- 1 tablespoon of honey

#### **PREPARATION:**

- 1. Peel the oranges, removing as much of the white parts as possible.
- 2. Cut oranges into slices and place in a serving bowl.
- 3. Add pomegranate seeds, sugar, cinnamon, and cranberry and lemon juices, and mix gently.
- 4. Then add the cinnamon sticks and the honey and keep in the fridge until serving.



\*DO NOT attempt to cook or slice without adult supervision.

## **DISCOVER: TANGERINES**

A close cousin of the mandarin orange, these citrusy sunshine fruits range from sweet to tart. In season late October through January, tangerines are a lowcalorie snack bursting with vitamins, fiber, and antioxidants.





### PUMPKINS: Loaded with fiber. protein. & vitamins K & C

Peak Season: September-November



## CHALLENGE OF THE MONTH: MAKE A HAPPINESS BOX



A happiness box is a great resource or scared. Decorate an old shoebox with bright colors and other happy things. Then fill the box with things book, photos that make you smile, letter from a loved one, etc. Now feel better.